

fruity slaw25

Number of Servings: 25 (70.03 g per serving)

Amount	Measure	Ingredient
2 1/2	cup	Pineapple, chunks, w/juice, cnd, drained
2 1/2	cup	Mandarin Oranges, w/juice, cnd, drained
7 1/2	cup	Cabbage, fresh, shredded
1 1/4	cup	Carrots, fresh, grated
5.00	tsp	Spice, onion, minced, dehyd
2.00	Tbs	Vinegar, cider
3 3/4	Tbs	Oil, Natural Blend, veg canola & sunflower
3 3/4	tsp	Sugar
5/8	tsp	Salt, table, iodized
5/8	tsp	Spice, pepper, black
3 3/4	Tbs	Juice, pineapple

Nutrients per serving

Nutrition Facts		
Serving Size (70g)		
Servings Per Container		
Amount Per Serving		
Calories 45	Calories from Fat 20	
	% Daily Value*	
Total Fat 2g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 70mg		3%
Total Carbohydrate 7g		2%
Dietary Fiber 1g		4%
Sugars 6g		
Protein 1g		
Vitamin A 25%	• Vitamin C 25%	
Calcium 2%	• Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

Drain Pineapple chunks or tidbits, reserving amount of uice called for in recipe
Mandarin oranges can be replaced with ALL pineapple (amount called for of pineapple plus mandarin oranges all in Pineapple) when oranges are on the menu for that day
Carrots may be grated or thinly sliced
Pepper is optional

Combine vinegar, oil, sugar, salt, pepper and pineapple juice. Combine fruits and vegetables and add vinegar-oil mixture.
Refrigerate and serve at 40 degrees F or less.
Potentially Hazardous Food.

1 serv = 1/2 cup or 1 level #8 scoop
1/2 c serv = 7 grams carbohydrate = 1/2 Carb Servings